

A helping
hand with
Grief

The winding
road



The winding road. This follows on from the 'Further along the road' pack.

- Take a look at the cards.
- You may be feeling some of these emotions.
- You are not alone, many do.

- Choose a card that speaks to you.
- You might like to reflect on the two statements about grief.
- There are also two questions that you might like to consider.

- Grieving is a natural response to loss.
- Your grief is unique to you, grieve your way...
- If you go to LossandLife.org you can find more resources and where to get support.

The bereavement journey



The start of a process

'I didn't want to do this journey.'
'It's like I've boarded a long haul flight
not a short haul!'

How turbulent is the flight?
Who else is on your plane?

It feels hopeless

No one understands



'I feel so isolated and alone.'
This is so common for the bereaved.

Sometimes it's easier to talk to strangers -
have you?

What would you say or do?

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What would you say or do?

Living on the edge

It's all so unsettling



'I'm living here all the time.'
'I don't recognise myself.'

When and where can you relax?
When do you give yourself time off from grief?



Taking meaningful action

Grief came so suddenly!

'Like a stone in a pond,
I felt the effects of the ripples for ages.'
'Every day they come in different ways.'

What tiny step can you take today to move forward?
Who can you ask to help you?

A landscape photograph capturing a sunset. The sun is positioned on the horizon, casting a warm, golden glow across the sky and the ground. The foreground is dominated by a path that winds through large, dark rocks and patches of dry, golden-brown grass. The sky transitions from a deep blue at the top to a bright orange near the horizon. The overall mood is serene and contemplative.

Don't lose hope

You don't know what tomorrow will bring

'Life has felt hopeless at times.'
This is normal when we grieve,
those feelings do change.

Are there things you can be thankful for?
Can you look back and see some progress?

A close-up photograph of two people's hands clasped together. The person on the left is wearing a brown, textured garment, and the person on the right is wearing a green, textured garment. The background is a soft-focus green, suggesting an outdoor setting with foliage. The text "Touch and the poverty of grief" is overlaid in white, italicized font across the upper portion of the image.

Touch and the poverty of grief

We need to connect with others

Physical touch is a basic human need.
We can become depleted in isolation.

Where can you meet others?
Is there a place you can go to connect?

Choices

A person with short hair, wearing a dark, quilted jacket, is seen from behind, looking out over a calm lake. The lake reflects the surrounding landscape, which includes large, dark rocks in the foreground and a range of snow-capped mountains in the distance. The sky is filled with dramatic, colorful clouds in shades of blue, orange, and pink, suggesting a sunset or sunrise. The overall mood is contemplative and serene.

Which way to go now?

'Suddenly I am making all the decisions.'
'There are not joint discussions or conversations.'

Have you found people to help you?
Can you get advice from others?



Other people's grief

I'm grieving,
but they are
grieving too!

'People didn't know what to say to me.'
At some level or another we have to cope
with other people's grief.

What have people said or done that's helpful?
What would you say to someone now?

A photograph showing the silhouettes of three people on a wooden pier or balcony. They are looking out over a body of water towards a bright sunset. The sun is low on the horizon, creating a strong lens flare and illuminating the scene from behind. The water is calm, and a few birds are visible in the sky. The overall mood is contemplative and somber.

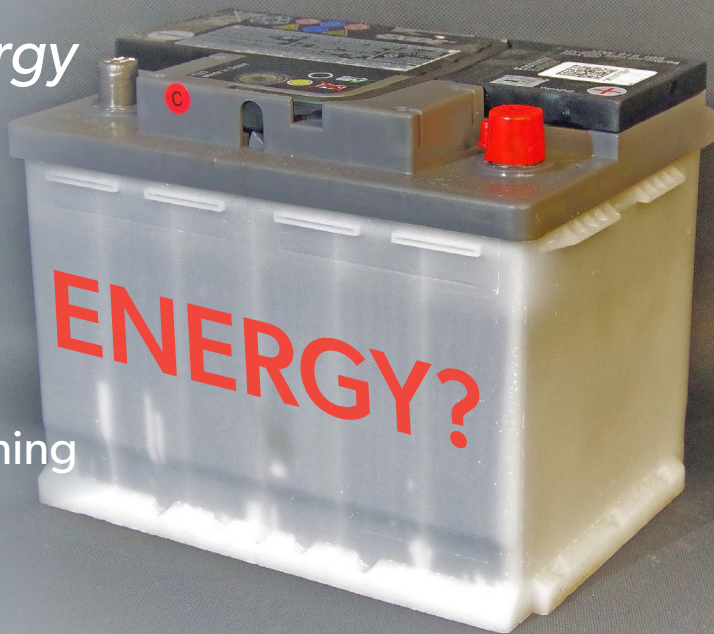
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Grief Energy

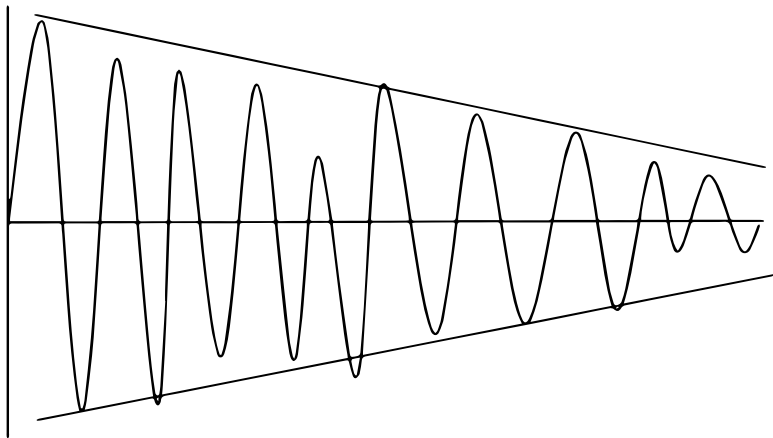


It's very draining

Grieving takes physical and emotional energy.
We need to learn to manage it well.

How much energy have you got?
What do you do to recharge?

Ebb tides... easing



Things will change

'There were times when I felt overwhelmed
and sometimes out of control.'

'Things became more balanced after a while.'

Can you see a difference?

How resilient do you feel?



Working slowly and deeply

It can feel like treacle...

'Sometimes it feels this will last forever.'
Grief needs attention and effort.

How is it feeling for you?
Is there someone to journey with you?



*Tune in to
your heart*

Our hearts speak to us

'My heart was broken; I had to learn to listen to it.'
'I learnt a new language of emotions.'

Have you given your heart a voice?
What is your heart saying to you right now?

The winding road continued...

- Find someone you trust to talk with about the cards.
- Some of the cards may not resonate with you now, that's OK.
- Be inquisitive and courageous, hope can be restored.

- It takes a lot of energy grieving, be kind to yourself.
- Be patient, it's not a quick process, go gently...
- Doing self care is important - sleeping, eating, exercising.

- It won't always feel like this, it does change...
- It's good to grieve in a way that works for you.
- If you go to LossandLife.org you can find more resources and where to get support.

Have these cards helped?

You can help others by **Donating**

...a gift, for example:

£10	} Could enable other bereaved people to receive free Grief Card packs.
£20	
£50	
£100	Could pay towards production of films/podcasts.
£250	Could pay towards facilitator training.
£500	Could pay towards the next phase of the project.

For more resources visit: **LossandLife.org**

If you need wider support visit: **AtaLoss.org**